

Ocean Majesty[®]

Whole Cleaned Calamari



Ocean Majesty[®] Label Whole Cleaned Calamari is packed with India's premier species, *Loligo Duvauceli*. Harvested in the Indian Ocean, this species offers pure white flesh, sweet natural flavor, and is naturally tender. **Ocean Majesty[®]** Whole Cleaned Calamari is manually processed and exceeds the highest standards of quality. It is processed under strict HACCP guidelines assuring that you are satisfied each and every time you purchase **Ocean Majesty[®]** Calamari.



"THE PRIDE OF THE INDUSTRY"

Ruggiero Seafood, Inc.

Distributors of Frozen Calamari and other Seafood Products

Ocean Majesty[®]

Whole Cleaned Calamari

Sautéed Calamari with Mushrooms and Red Wine

2.5 lbs. Defrosted Calamari	1 ¼ cups shrimp or fish stock (you can substitute chicken stock)
2 lbs. mixed mushrooms (your favorite)	Lemon zest
1 lb. Portobello mushrooms	Juice from ½ fresh lemon
¼ cup extra virgin olive oil	¼ cup Marsala wine
2 leeks thinly sliced	4 tablespoons salted butter
2 thyme sprigs	4 cloves fresh minced garlic
½ cup dry red wine	2 cups of packed arugula
	Salt & Pepper to taste

Once defrosted, cut calamari tubes into rings about ½ inch wide. Place defrosted cut calamari in refrigerator until ready to use. Preheat oven to 350°. On a baking sheet, brush the Portobello mushrooms with 1 tablespoon of olive oil, season with salt & pepper. Bake for about 25 minutes, let cool and cut into ½ inch thick slices. In a large pan heat 2 tablespoon of oil, add leeks, garlic, salt & pepper. Cook over medium heat until leeks start to brown and transfer to a bowl. Add 2 tablespoons of oil to the same pan and sauté the two pounds of mixed mushrooms with thyme sprigs, salt & pepper until tender. Add Portobello mushrooms and leeks to the pan, add red wine, and cook until the wine is almost completely evaporated. Add defrosted sliced Calamari to a pan large enough to hold all ingredients. Over medium high heat, cook Calamari in its own juice for about twenty minutes (Calamari will release its natural juice when heated) or until natural juice is reduced by half. Add the mushrooms, leeks, fish stock, lemon juice, lemon zest and cook over medium high heat for about ten minutes. Continue cooking, add Marsala wine and cook to reduce total liquid by half. Test Calamari for tenderness; if Calamari is not tender continue cooking until tender. Add butter and arugula, salt & pepper to taste, cook five minutes and server over pasta or rice.

Nutrition Facts		
Serving Size: 4 oz. (113 grams)		
Servings Per Container About 10		
Amount Per Serving		
Calories 100 Calories from Fat 15		
		% Daily Value*
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 255mg		85%
Sodium 50mg		2%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 17g		
Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories:	2,000	2,500
Total Fat Less than	65g	80g
Sat Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein		

PACKING INFORMATION

Ocean Majesty Calamari

Code	Product Description	Country of Origin	Species	Packed	Net. Wt.	Gross Wt.	Case Size	Case Cube	Ti x Hi
414-44	20/40 Tubes & Tentacles	Product of India	Loligo Duvauceli	10/4.4 lbs.	44 lbs.	48 lbs.	24" x 12.5" x 8"	1.39	7 x 7 = 49
415-44	20/40 Tubes Only	Product of India	Loligo Duvauceli	10/4.4 lbs.	44 lbs.	48 lbs.	24" x 12.5" x 8"	1.39	7 x 7 = 49
416-44	10/20 Tubes & Tentacles	Product of India	Loligo Duvauceli	10/4.4 lbs.	44 lbs.	48 lbs.	24" x 12.5" x 8"	1.39	7 x 7 = 49
417-44	10/20 Tubes Only	Product of India	Loligo Duvauceli	10/4.4 lbs.	44 lbs.	48 lbs.	24" x 12.5" x 8"	1.39	7 x 7 = 49
418-44	U/10 Tubes & Tentacles	Product of India	Loligo Duvauceli	10/4.4 lbs.	44 lbs.	48 lbs.	24" x 12.5" x 8"	1.39	7 x 7 = 49
419-44	U/10 Tubes Only	Product of India	Loligo Duvauceli	10/4.4 lbs.	44 lbs.	48 lbs.	24" x 12.5" x 8"	1.39	7 x 7 = 49



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